



STATE OF IOWA

TERRY E. BRANSTAD
GOVERNOR

KIM REYNOLDS
LT. GOVERNOR

OFFICE OF DRUG CONTROL POLICY
STEVEN F. LUKAN, DIRECTOR

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Contact:
Dale Woolery (515) 725-0310

Iowans Urged to *Take Five* To Prevent Youth Substance Use

DES MOINES – During a ceremony at the Capitol today, Governor Terry Branstad proclaimed Thursday, March 5th, *Take Five* Day to prevent youth substance use in Iowa. In signing the proclamation, the Governor urged parents and other caregivers to take a few minutes March 5th to talk with children about the dangers of drugs, and to periodically continue the conversation.

“Parents and other adult role models are key influencers for children making healthy choices, including the decision to not use drugs,” said Steve Lukan, Director of the Governor’s Office of Drug Control Policy. “Studies show teenagers who learn at home about the risks of drugs are up to 50 percent less likely to ever use drugs.”

“While the vast majority of Iowa youth do not use addictive substances, education is an ongoing need,” said Lukan. “The most popular substances among teenagers who use them include: alcohol, tobacco, marijuana, synthetic drugs and prescription medicines,” according to Lukan.

Iowa’s annual *Take Five* program is sponsored by the nonprofit Partnership for a Drug-Free Iowa, which provides age-appropriate and easy-to-follow tips for parents. To help start family conversations, nearly 40,000 *Take Five* flyers are being sent to Iowa schools for 5th graders to share at home with their parents.

“Talk—the simple act of talking with your child—is a powerful tool all of us can effectively use at home to increase the odds our children will make decisions that are good for their health and safety,” said Peter Komendowski, President of the Partnership. “It’s especially important to clear the air on mixed messages with facts about dangers associated with increasingly potent forms of marijuana, because young Iowans may not get those important details through other communications channels.”

Supporters of the Partnership joined the Governor for today’s proclamation-signing ceremony.

For more information on how to *Take Five* and prevent drug use in Iowa, go to <http://www.iowa.gov/odcp> or <http://www.pdfi.info/face-it-together>.

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